

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 01052, Cream, fluid, light whipping

Report Date: December 05, 2015 08:40 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 cup, whipped 120g	1 cup, fluid (yields 2 cups whipped) 239g	1 tbsp 15g
Proximates							
Water	g	63.50	9	0.873	76.20	151.76	9.52
Energy	kcal	292	--	--	350	698	44
Energy	kJ	1223	--	--	1468	2923	183
Protein	g	2.17	9	0.046	2.60	5.19	0.33
Total lipid (fat)	g	30.91	8	0.498	37.09	73.87	4.64
Ash	g	0.46	5	0.028	0.55	1.10	0.07
Carbohydrate, by difference	g	2.96	--	--	3.55	7.07	0.44
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	2.96	--	--	3.55	7.07	0.44
Minerals							
Calcium, Ca	mg	69	9	4.267	83	165	10
Iron, Fe	mg	0.03	--	--	0.04	0.07	0.00
Magnesium, Mg	mg	7	6	0.337	8	17	1
Phosphorus, P	mg	61	8	3.359	73	146	9
Potassium, K	mg	97	8	7.582	116	232	15
Sodium, Na	mg	34	9	2.229	41	81	5
Zinc, Zn	mg	0.25	--	--	0.30	0.60	0.04
Copper, Cu	mg	0.007	--	--	0.008	0.017	0.001
Manganese, Mn	mg	0.001	--	--	0.001	0.002	0.000
Selenium, Se	µg	0.5	--	--	0.6	1.2	0.1
Fluoride, F ¹	µg	3.0	9	--	3.6	7.2	0.4
Vitamins							
Vitamin C, total ascorbic acid	mg	0.6	--	--	0.7	1.4	0.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, whipped 120g	1 cup, fluid (yields 2 cups whipped) 239g	1 tbsp 15g
Thiamin	mg	0.024	9	0.001	0.029	0.057	0.004
Riboflavin	mg	0.125	8	0.008	0.150	0.299	0.019
Niacin	mg	0.042	--	--	0.050	0.100	0.006
Pantothenic acid	mg	0.259	--	--	0.311	0.619	0.039
Vitamin B-6	mg	0.028	8	0.002	0.034	0.067	0.004
Folate, total	µg	4	3	0.265	5	10	1
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	4	3	0.265	5	10	1
Folate, DFE	µg	4	--	--	5	10	1
Choline, total	mg	16.8	--	--	20.2	40.2	2.5
Vitamin B-12	µg	0.20	6	0.009	0.24	0.48	0.03
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	279	--	--	335	667	42
Retinol	µg	274	--	--	329	655	41
Carotene, beta	µg	60	--	--	72	143	9
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	1013	--	--	1216	2421	152
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.88	--	--	1.06	2.10	0.13
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.6	--	--	0.7	1.4	0.1
Vitamin D3 (cholecalciferol)	µg	0.6	--	--	0.7	1.4	0.1
Vitamin D	IU	23	--	--	28	55	3
Vitamin K (phylloquinone)	µg	2.7	--	--	3.2	6.5	0.4
Lipids							
Fatty acids, total saturated	g	19.337	--	--	23.204	46.215	2.901
4:0	g	1.083	1	--	1.300	2.588	0.162
6:0	g	0.302	9	0.028	0.362	0.722	0.045
8:0	g	0.309	9	0.024	0.371	0.739	0.046
10:0	g	0.629	9	0.038	0.755	1.503	0.094
12:0	g	0.366	9	0.023	0.439	0.875	0.055

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, whipped 120g	1 cup, fluid (yields 2 cups whipped) 239g	1 tbsp 15g
14:0	g	3.290	9	0.191	3.948	7.863	0.494
16:0	g	8.840	9	0.338	10.608	21.128	1.326
18:0	g	3.370	9	0.175	4.044	8.054	0.506
Fatty acids, total monounsaturated	g	9.093	--	--	10.912	21.732	1.364
16:1 undifferentiated	g	1.010	9	0.042	1.212	2.414	0.152
18:1 undifferentiated	g	7.658	9	0.292	9.190	18.303	1.149
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.884	--	--	1.061	2.113	0.133
18:2 undifferentiated	g	0.618	9	0.050	0.742	1.477	0.093
18:3 undifferentiated	g	0.266	9	0.015	0.319	0.636	0.040
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	111	--	--	133	265	17
Amino Acids							
Tryptophan	g	0.031	--	--	0.037	0.074	0.005
Threonine	g	0.098	--	--	0.118	0.234	0.015
Isoleucine	g	0.131	--	--	0.157	0.313	0.020
Leucine	g	0.213	--	--	0.256	0.509	0.032
Lysine	g	0.172	--	--	0.206	0.411	0.026
Methionine	g	0.054	--	--	0.065	0.129	0.008
Cystine	g	0.020	--	--	0.024	0.048	0.003
Phenylalanine	g	0.105	--	--	0.126	0.251	0.016
Tyrosine	g	0.105	--	--	0.126	0.251	0.016
Valine	g	0.145	--	--	0.174	0.347	0.022
Arginine	g	0.079	--	--	0.095	0.189	0.012
Histidine	g	0.059	--	--	0.071	0.141	0.009
Alanine	g	0.075	--	--	0.090	0.179	0.011
Aspartic acid	g	0.165	--	--	0.198	0.394	0.025
Glutamic acid	g	0.454	--	--	0.545	1.085	0.068

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, whipped 120g	1 cup, fluid (yields 2 cups whipped) 239g	1 tbsp 15g
Glycine	g	0.046	--	--	0.055	0.110	0.007
Proline	g	0.210	--	--	0.252	0.502	0.032
Serine	g	0.118	--	--	0.142	0.282	0.018
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

Sources of Data

¹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion